

SHALOM PERSONAL GROWTH RETREAT



DATE Thursday, October 15 at 5:00 p.m. to Sunday, October 18, 2015 at 12:00 p.m.

ADDRESS Riverstone Retreat Centre, 233639 Rd.2, Durham, ON NoG 1Ro www.naturalbuild.ca

DETAILS A Shalom Retreat is based on the philosophy that our body's unique wisdom holds the map to our healing. By celebrating and working with the body's unique gifts, we support you to unblock the places where pain, anxiety, depression or illness may be held, so that joy, happiness, clarity and relief can find its way to the surface. This retreat can help open the doors to the life you've been yearning for.

The experience is rooted in the creation of loving community as an integral part of the healing process. It is through the community dynamic that you are seen, heard and accepted, and where the best parts of who you are will be reflected back to you. The Shalom Retreat experience offers a unique blend of engaging the body, mind, spirit and community for individual and collective healing.

Fee *Note change*
Early Bird: \$500 if registered with a non-refundable deposit of \$125 by Sept. 15, 2015.
Registration fee after September 15th: \$525
Deadline for registration with \$125 non-refundable deposit is September 30, 2015.

MORE INFO To register, visit the Events page at www.rekindledrelations.com. Or, for more information, call 519.275.2187 (ext. 1) or email karen@rekindledrelations.com.

RETREAT LEADERS



Karen James Abra has been a therapist and retreat leader in the Stratford area for almost 20 years. Having launched two daughters, she and her life-partner, Bill, and a team of healers, now own and operate The Space Within. Here, and in leading retreats, Karen devotes her energy to creating opportunities for healing in intentional community. She has participated in Shalom retreats since 1986 and trained to lead them with Lawrence Stibbards at Shalom Mountain in New York state. It is now a delight to be co-leading them with Lawrence, closer to home.



Lawrence, in his professional career, led the creation of an experimental house church for 8 years, provided marriage and family counselling for 20 years, and has been the leader and co-leader with his wife Joy, in dozens of retreats, both in Canada and the United States where for 18 years they owned and operated Shalom Mountain Retreat and Study Center in the Catskills of New York. He is now continuing his exploration of yoga and meditation by a lake in the northern woods of Ontario mostly with a deep satisfaction in being a joyful and grateful soul. He comes out of this cabin to travel, to lead retreats, provide therapy and to explore the mystery of the human journey with anyone on the path.